



When Your Child Receives Anesthesia for Radiation Treatment

How to prepare, what to expect, and care instructions

Anesthesia is sometimes used for children to make sure they will not move during the simulation and treatment process.

This handout explains how to prepare for treatment, what to expect during treatment, and care instructions to follow after your child receives anesthesia.

Your child will receive anesthesia for both radiation simulation and radiation treatments. Please keep in mind that each child responds in different ways to anesthesia and “sleepy” medicine.

About Anesthesia

We use a combination of medicines called *anesthetics* that will keep your child asleep and not moving during treatment. Your child will recover quickly. Anesthesia is given by a pediatric anesthesiologist from Seattle Children’s Hospital.

Before the First Treatment with Anesthesia

Before starting radiation treatment with anesthesia, your child must have IV access through a central IV line such as a Hickman catheter, Port-a-cath, or PICC line. Port-a-caths can be accessed on Monday and stay accessed for 5 to 7 days. Your Seattle Children’s health care team or the Seattle Cancer Care Alliance (SCCA) care team for TBI patients will be in charge of placing your child’s central line.

Fasting Before Each Treatment

Follow these guidelines to ensure that your child will be able to receive treatment:

- Do not give your child any food, formula, tube feedings, chewing gum, or candy for 6 hours before their radiation appointment time.
- Stop giving breast milk 4 hours before treatment.

- You may give clear liquids to your child up to 2 hours before their appointment time. These are liquids you can see through, such as water, apple juice, soda (Sprite or 7-Up), or Kool-aid, as long as it is not red.
- Your child should have nothing to eat or drink for 2 hours before their anesthesia appointment.
- For late morning or afternoon appointments, you may wake your child up 6 hours before anesthesia and give them a light snack. They must be finished eating 6 hours before their appointment time.
- **If your child accidentally eats or drinks after the times given in these guidelines, call your child's nurse and ask for instructions before arriving for treatment. Your child's treatment may have to be rescheduled or canceled.**

Transport Between Hospitals and SCCA

- There is a shuttle that goes between Seattle Children's Hospital, SCCA, and UWMC. Shuttle schedules can be found at the information desks at all 3 places.
- If your child is admitted to Seattle Children's Hospital, your nurse there will arrange for transportation to and from UWMC by ambulance, cabulance, or your own private car.
- In your own private car, be sure your child's head and neck are supported. For children under 80 pounds, a car seat or booster seat is required.
- Carry your child or use a stroller to bring your infant or toddler to and from the Radiation Oncology department.
- Older children may need support to be able to walk on their own.
- A wheelchair will be provided, if needed.
- UWMC also provides complimentary valet parking at the main hospital entrance. You will not pay extra for valet services.

Parents as Partners During Treatment and Recovery

- When you arrive for your child's appointment, you will be given a pager. When the pager goes off, please go to the pediatric holding room where your child will have a pre-anesthesia assessment.
- When it is time to go into the treatment room, you may go with your child and be with them when they go to sleep. You may hold your child while anesthesia is given.
- The anesthesiologist will gently take your child from your arms and place your child on the treatment table.

- Once your child is asleep, you will be directed to the main waiting room to wait during your child's treatment.
- After treatment, the anesthesiologist will take your child to the Recovery Room while your child is still asleep. Your child will have an oxygen monitor placed on a finger and a blood pressure cuff on an arm or leg.
- Your child might wake up right away or sleep for 15 to 30 minutes. We will continue to monitor your child until they are fully recovered from the anesthesia. Your nurse will page you when you can come to the Recovery Room.
- Once your child is awake and the Recovery Room nurse feels it is safe for them to leave, you may take your child home. Be aware that your child may be drowsy for an hour after waking up.
- You may bring food and drink for your child. See the section "Food and Drink" on page 4 for more information.
- Except for nursing mothers who may bring their breastfeeding infants, please leave other family members at home while your child receives radiation treatment. The Recovery Room is small and has room only for parents and the child who is being treated.
- Please arrange child care for siblings. **Any child under 12 years old who is not a patient must be watched by another adult.** Children cannot be left alone in the lobby or waiting area.
- Treatment and recovery takes between 45 minutes to 2 hours. This will depend on the kind of treatment your child is getting.

Side Effects

Some children have side effects from anesthesia, such as:

- Nausea and vomiting
- Dizziness
- Being restless when they wake up

Most children receive anti-nausea medicine with their treatment. If your child is restless when they awake, their anesthetic can be adjusted for better results at their next treatment.

Activity after Anesthesia

- Your child will need **constant supervision** for 4 to 6 hours after waking up. Watch your child closely during this time.
- Protect your child from falls and injury.
- Do **not** allow your child to ride a bicycle, tricycle, or scooter, or to play on playground equipment for 12 hours after receiving anesthesia.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Clinic staff are also available to help.

UWMC Pediatric Radiation Oncology Nurse: 206-598-8132

UWMC Treatment Desk: 206-598-4141

UWMC Clinic Front Desk: 206-598-4100

Seattle Children's: 206-987-2032 (ask for the Hematology/Oncology Fellow on call to be paged)

SCCA: 206-288-7600

UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER



UWMC Radiation Oncology
Box 356043
1959 N.E. Pacific St. Seattle, WA 98195
206-598-8132

Food and Drink

- You may give your child clear liquids, such as apple juice, when they wake up after receiving anesthesia.
- You can give your child food after they can drink clear liquids without any problems.
- Encourage your child to drink plenty of fluids 4 to 6 hours after receiving anesthesia or sedation.

When to Call the Doctor

Call your child's doctor at Seattle Children's (206-987-2032) or SCCA (206-288-7600) if:

- Your child does not urinate 6 to 8 hours after waking up.
- You are not able to get your child to drink the amount of fluids they would normally drink.

Other Questions or Concerns

If you have other questions or concerns, call one of the numbers below.

- During hours listed:

UWMC Pediatric Radiation Nurse

Weekdays, 8 a.m. to 4 p.m. 206-598-8132

UWMC Treatment Desk

Weekdays, 8 a.m. to 4 p.m..... 206-598-4141

Seattle Children's Hospital

Outpatient Hematology Oncology Clinic 206-987-2106

Inpatient SCCA Floor 206-987-2032

SCCA

Weekdays, 8 a.m. to 10 p.m.

Weekends, 8 a.m. to 6 p.m.

Holidays, 8 a.m. to 5 p.m..... 206-288-7600

- At other times:

UWMC

Radiation Oncology Resident on call 206-598-6190

Seattle Children's Hospital

Hematology/Oncology Fellow on call..... 206-987-2032

When to Call 9-1-1

If your child has trouble breathing or another emergency, **call 9-1-1 right away.**